KIKKOMAN

Indian lentil dal with aubergine and halloumi

Total time **60 mins** **15 mins** preparation time **45 mins** cooking time

Nutritional facts (per portion):
2,050 kJ / 490 kcal

Fat: **28 g** Protein: **23 g**
Carbohydrates: **35 g**

INGREDIENTS

2 portion(s)

150 g	mixed lentils (e.g. red, yellow and green lentils), rinsed
400 ml	vegetable stock or water
1	small aubergine, diced
100 g	halloumi cheese, diced
2 tbsp	olive oil
1	small onion, finely chopped
2	garlic cloves, chopped
1 tbsp	ginger, chopped
1	small tomato, diced
1 tsp	ground cumin
1 tsp	ground coriander
0.5 tsp	ground turmeric
0.5 tsp	chilli powder (adjust to taste)
90 ml	Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste
40 ml	Kikkoman Naturally Brewed Soy Sauce
10 g	fresh coriander leaves for garnish

PREPARATION

Step 1

150 g mixed lentils (e.g. red, green and yellow lentils), rinsed - **400 ml** vegetable stock or water
Combine the mixed lentils with the vegetable stock or water in a large pot. Bring to the boil over a medium heat. Reduce the heat and simmer over a low heat for 20-25 minutes until the lentils are soft and cooked through. Stir occasionally. Add more water if necessary to achieve the desired consistency.

Step 2

1 small aubergine, diced - **100 g** halloumi cheese, diced - **1 tbsp** olive oil
Heat the olive oil in a separate pan over a medium heat. Add the diced aubergine and cook, stirring occasionally, for 8–10 minutes until soft and lightly browned. Remove from the pan and set aside. Add another tablespoon of olive oil to the same pan, if required. Add the diced halloumi cheese and fry for 4–5 minutes until golden brown on all sides. Remove from the pan and set aside.

Step 3

1 tbsp olive oil - **1** small onion, finely chopped - **2** garlic cloves, chopped - **1 tbsp** ginger, chopped - **1** small tomato, diced - **1 tsp** ground cumin - **1 tsp** ground coriander - **0.5 tsp** ground turmeric - **0.5 tsp** chilli powder (adjust to taste) - **90 ml** Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste - **40 ml** Kikkoman Naturally Brewed Soy Sauce - **10 g** fresh coriander leaves for garnish
Add the remaining tablespoon of oil to the same pan. Add the chopped onion and fry for 3–4 minutes until soft and translucent. Stir in the

chopped garlic and ginger and cook for a further 1–2 minutes until fragrant. Add the diced tomato, ground cumin, ground coriander, ground turmeric and chilli powder to the pan. Cook for 2-3 minutes, stirring constantly, until the spices are roasted and fragrant. Add the cooked lentils to the pan along with any remaining cooking liquid. Stir to combine well with the spice mixture. Season with the Kikkoman Teriyaki BBQ-Sauce with Honey and Kikkoman Soy Sauce and simmer for another 5-10 minutes to allow the flavours to blend. Serve the dal in bowls and garnish with the fried aubergine, halloumi and fresh coriander.